

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

«وَالَّذِينَ يَقُولُونَ: رَبَّنَا، هَبْ لَنَا  
مِنْ أَزْوَاجِنَا وَذُرِّيَّاتِنَا فُرَّةً أُنُوسًا،  
وَجَعَلْنَا لِلْمُتَّقِينَ إِمَامًا»  
الفرفاق ٧٤

«And those Servants of the  
Most Merciful who say, "Our  
Lord! Bestow on us from our  
spouses and offspring those who will  
be a comfort to our eyes, and make  
us leaders for the pious."»  
[Al-Furqān 25:74]

أَفْلاذُ أَكْبَادِنَا  
**OUR PRECIOUS SPROUTS:  
ISLAMIC REGULATIONS FOR NEWBORNS**

محمد الجبالي

MUHAMMAD AL-JIBĀLĪ

مَنْشُورَاتُ الْكِتَابِ وَالسُّنَّةِ

AL-KITAAB & AS-SUNNAH PUBLISHING

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*Our Precious Sprouts*  
*Islāmic Regulations for Newborns*  
(The Muslim Family – 4)  
Reprinted May 2007

26+208 p. 24 × 18 cm  
ISBN 1-891229-54-0

Cover Design: ‘Abdullāh al-Jibālī

**Published by:**  
*Al-Kitāb & as-Sunnah* Publishing  
USA ☐ PO Box 2542, Arlington, Texas, 76004  
Lebanon-Beirut ☎+961-3-046338  
Saudi Arabia ☐ PO Box 5683, Madinah  
☎+966-50-9600572 / 4-8466002, ☎ 4-8450539  
★ [www.kspublications.com](http://www.kspublications.com)  
✉ [info@kspublications.com](mailto:info@kspublications.com)

**Printed by:**  
*Al-Maktab al-Islāmī*  
☐ PO Box 11/3771, Beirut, Lebanon  
☎+961-5-456280, ☎ 5-450657  
★ [www.almaktab-alislami.com](http://www.almaktab-alislami.com)  
✉ [islamic\\_of@almaktab-alislami.com](mailto:islamic_of@almaktab-alislami.com)

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## Opening Sermon

إِنَّ الْحَمْدَ لِلَّهِ، نَحْمَدُهُ وَنُسْتَعِينُهُ وَنَسْتَغْفِرُهُ،  
وَتَعُوذُ بِاللَّهِ مِنْ شُرُورِ أَنْفُسِنَا وَمِنْ سَيِّئَاتِ أَعْمَالِنَا.  
مَنْ يَهْدِهِ اللَّهُ فَلَا مُضِلَّ لَهُ، وَمَنْ يَضِلَّ فَلَا هَادِيَ لَهُ.

*Al-ḥamdu lillāh.* Indeed, all praise is due to Allāh. We praise Him and seek His help and forgiveness. We seek refuge with Allāh from our souls' evils and our wrong doings. He whom Allāh guides, no one can misguide; and he whom He misguides, no one can guide.

وَأَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ، وَحْدَهُ لَا شَرِيكَ لَهُ.  
وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ.

I bear witness that there is no (true) god except Allāh — alone without any partners. And I bear witness that Muḥammad (ﷺ) is His 'abd (servant) and messenger.<sup>1</sup>

يَا أَيُّهَا الَّذِينَ آمَنُوا اتَّقُوا اللَّهَ حَقَّ تُقَاتِهِ،

وَلَا تَمُوتُنَّ إِلَّا وَأَنْتُمْ مُسْلِمُونَ ﴿١٠٢﴾ آل عمران

«O you who believe! Revere Allāh the right

<sup>1</sup> The above two paragraphs, together with the following three portions of Qur'ān, are called *Khuṭbat ul-Hājah* (the Sermon of Need). Allāh's Messenger (ﷺ) often started his speeches with this sermon, and he was keen to teach it to his companions. The *ḥadīths* in this regard are recorded by Muslim, Abū Dāwūd, an-Nasā'ī, and others, and are narrated by Ibn Mas'ūd, Ibn 'Abbās, and others (ﷺ). A full discussion of the various reports of this sermon is provided by al-Albānī in his booklet, "*Khuṭbat ul-Hājah*", published by al-Maktab ul-Islāmī, Beirut.

parents need to perform for their newborn during its first few weeks.

## Acknowledgements

All praise and thanks are due to our Lord (ﷻ) who facilitated completing this work. May He further reward all the Muslims who helped and supported this effort in various ways. In particular, may Allāh (ﷻ) reward my *shaykh* and teacher, Muḥammad Nāṣir ud-Dīn al-Albānī whose works have benefited us in ways beyond description, my wife Umm ‘Abdullāh whose continued support and encouragement have been vital for completing this and other works, ‘Abdullāh al-Jibālī who designed the cover, and Sakīnah Towery and Ālā’ al-Jibālī who proof-read the manuscript and made valuable suggestions.

We ask Allāh (ﷻ) to make this humble effort helpful and fruitful to the Muslims, forgive our shortcomings, purify our work from hypocrisy and conceit, and accept it from us.

Our Lord, forgive us and all of the believers, and bestow Your peace and praise upon our Prophet Muḥammad (ﷺ).

*Muhammad al-Jibālī*

29 Shawwāl 1422 H

13 January 2002

## CHAPTER 1

### PLANTING THE SEED

Muslims are urged to have children and raise them righteously according to the Islāmic teachings. This involves selecting a righteous spouse to help in this most important cultivation process. It also involves understanding the great rewards that Allāh (ﷻ) has promised to those Muslims who handle their parenting responsibility seriously. These issues are the subject of discussion in this chapter.

## Islām Recommends Seeking Offspring

### PROCREATION IS A MAIN PURPOSE OF MARRIAGE

Procreation is one of the main goals of marriage. We should realize that Allāh (ﷻ) has ordained for us the channel of marriage in order to correctly produce more people who seek to obey Him and live by His commands. Allāh (ﷻ) says:

﴿فَالَّذِينَ بَشَرُوهُنَّ، وَابْتَغَوْا مَا كَتَبَ اللَّهُ لَكُمْ﴾ البقرة ١٨٧

«So now (during *Ramaḍān*’s nights), have relations with them (your wives) and seek that which Allāh has decreed for you (offspring).»<sup>1</sup>

“Seeking that which Allāh has decreed for you” means the “offspring” as asserted by Mujāhid, al-Ḥakam, ‘Ikrimah, al-Ḥasan al-Baṣrī, as-Suddī, and aḍ-Ḍaḥḥāk.<sup>2</sup>

Ibn ul-Qayyim (رحمته الله) said:

<sup>1</sup> Al-Baqarah 2:233.

<sup>2</sup> *Tuḥfat ul-Mawdūd* p. 9.



«Allāh (ﷻ) has facilitated things for the (Muslim) *Ummah* by permitting intercourse until dawn during the nights of fasting. But a person involved in intercourse is so much overwhelmed by lust and the need to fulfill his desire that nothing else occurs to his heart. Because of this, Allāh (ﷻ) guided them (the Muslims) to seek His pleasure while under the influence of this desire. They should not pursue it under the mere influence of lust, but should seek through it what Allāh has decreed for them of rewards, as well as the offspring that would issue from this to become a worshiper of Allāh ...»<sup>1</sup>

#### A CHILD IS A FAVOR FROM ALLĀH

Children are among the boundless favors from Allāh (ﷻ) upon the people in this worldly life. He (ﷻ) says:

«وَاللَّهُ جَعَلَ لَكُمْ مِنْ أَنْفُسِكُمْ أَزْوَاجًا، وَجَعَلَ لَكُمْ مِنْ أَزْوَاجِكُمْ بَنِينَ وَحَفَدَةً، وَرَزَقَكُمْ مِنَ الطَّيِّبَاتِ ۗ النحل ٧٢»

«Allāh has given you spouses from yourselves, has granted you, from your spouses, children and grandchildren, and has provided you with good things for your sustenance.»<sup>2</sup>

Allāh (ﷻ) has favored His messengers with children. He (ﷻ) says:

«وَلَقَدْ أَرْسَلْنَا رُسُلًا مِنْ قَبْلِكَ وَجَعَلْنَا لَهُمْ أَزْوَاجًا وَذُرِّيَّةً ۚ الرعد ٣٨»

«And We have surely sent messengers before you (O Muḥammad) and granted them wives and offspring.»<sup>3</sup>

#### A CHILD INCREASES THE NUMBER OF MUSLIMS

It is recommended for a Muslim to seek offspring and thereafter raise them according to Islām.

Ma'qil Bin Yasār (رضي الله عنه) reported that a man came to Allāh's Messenger (ﷺ) and said, "I have encountered a woman of honor and beauty, but she cannot bear children. Should I marry her?" Allāh's Messenger (ﷺ) indicated disapproval by saying:

«تزوجوا الودود الولود، فإني مكاثر بكم.»

«Marry a woman who is loving and can bear many children, because I will boast of your numbers (on the Day of Resurrection).»<sup>1</sup>

Similarly, 'Ā'ishah (رضي الله عنها) reported that Allāh's Messenger (ﷺ) said:

«النكاح سنتي، فمن لم يعمل بسنتي فليس مني. وتزوجوا فإني مكاثر بكم الأمم يوم القيامة.»

«Marriage is a *sunnah* (way) of mine; and whoever does not follow my Sunnah is not of my followers. Get married because I will display your outnumbering of the other nations on the Day of Resurrection.»<sup>2</sup>

Also, Abū Hurayrah (رضي الله عنه) reported that Allāh's Messenger (ﷺ) said:

«انكحوا فإني مكاثر بكم.»

«Get married, because I will be exhibiting your large numbers (on Judgment Day).»<sup>3</sup>

<sup>1</sup> Recorded by Abū Dāwūd and an-Nasā'ī. Verified to be authentic by al-Albānī (*Ṣaḥīḥ ul-Jāmi'* no. 2940 & *Irwā' ul-Ghalīl* no. 1784).

<sup>2</sup> Recorded by Ibn Mājah. Verified to be authentic by al-Albānī (*aṣ-Ṣaḥīḥah* no. 2383).

<sup>3</sup> Recorded by Ibn Mājah. Verified to be authentic by al-Albānī (*Ṣaḥīḥ ul-Jāmi'* no. 2383).

<sup>1</sup> *Tuḥfat ul-Mawdūd* p. 9.

<sup>2</sup> *An-Naḥl* 16:72.

<sup>3</sup> *Ar-Ra'd* 13:38.

And Abū Umāmah (رضي الله عنه) reported that Allāh's Messenger (ﷺ) said:

«تزوجوا فإني مكاثر بكم الأمم، ولا تكونوا كرهبانية النصارى.»

«Marry so that (on Judgment Day) I will be delighted by your outnumbering other nations. Do not practice monasticism like the Christians.»<sup>1</sup>

#### GOOD SOIL IS REQUIRED FOR A GOOD SEED

Mere numbers do not count in the scale of Islām. The number of good Muslims, however, is very important. Good Muslims are the only ones among the creation who elect to live by Allāh's (ﷻ) commands and follow His Messenger's (ﷺ) guidance. Such are the people who should increase and multiply so as to establish Allāh's religion in this life and enter His gardens in the next.

A Muslim should try to increase the number of righteous Muslims. He should strive to raise his family upon the true religion. Only then, would they be among the numbers of Muslims who will please and delight Allāh's Messenger (ﷺ) on Judgment Day.

Because of this, a Muslim is required to seek a good and righteous spouse who is capable of playing a positive and constructive part in nesting and raising the children.

Ā'ishah (رضي الله عنها) reported that Allāh's Messenger (ﷺ) said:

«تخيروا لنطفكم، فأنكِحوا الأكفأ وأنكِحوا إليهم.»

«Make a (good) choice for your sperm (i.e. offspring): marry worthy (women), and marry (your daughters) to them (worthy men).»<sup>2</sup>

1514).

1 Recorded by al-Bayhaqī and others. Verified to be authentic by al-Albānī (*Ṣaḥīḥ ul-Jāmi'* no. 2941 & *aṣ-Ṣaḥīḥah* no. 1782).

2 Recorded by Ibn Mājah, al-Ḥākim, and others. Verified to be authentic by al-Albānī (*Ṣaḥīḥ ul-Jāmi'* no. 2928 & *aṣ-Ṣaḥīḥah* no. 1067).

## Reward for Having Children

### A GUARANTEED REWARD FOR TRUE BELIEVERS

The believers are rewarded for the children they beget, even if they die before puberty. Abū Tharr (رضي الله عنه) reported that the Prophet (ﷺ) said:

«أرأيت لو كان لك ولدٌ فأدركَ ورجوتَ خيره فمات، أكنْتَ تحتسبه؟»

«If you had a child who reached puberty, and you expected good from him, but he died, would you seek Allāh's reward for that?»

Abū Tharr replied, "Yes!" The Prophet (ﷺ) asked: «فأنتَ خلقته؟» «Are you the one who created him?» Abū Tharr replied, "No, it is Allāh who created him." The Prophet (ﷺ) asked: «فأنتَ هديته؟» «Are you the one who guided him?» Abū Tharr replied, "No, it is Allāh who guided him!" The Prophet (ﷺ) asked: «فأنتَ ترزقه؟» «Are you the One Who sustains him?» Abū Tharr replied, "No, it is Allāh who would have sustained him!" The Prophet (ﷺ) then said:

«كذلك، فضعه في حلاله وجنبه حرامه، فإن شاء الله

أحياه، وإن شاء أماته، ولك أجر.»

«Thus, put it (your seed) in the lawful (intercourse with your wife), and avert it from the prohibited (*zinā*). If Allāh wills, He would then give it life; and if He wills, He would make him die. And you will be rewarded (in both cases).»<sup>1</sup>

### CHILDREN WHO DIE YOUNG

As indicated above, when a believer loses a child and shows patience and submission to Allāh's will, he will be immensely rewarded.

One of the *tābi'ūn* known as Abū Ḥassān reported that he lost two

1 Recorded by Aḥmad, Ibn Ḥibbān, and an-Nasā'ī. Verified to be authentic by al-Albānī (*aṣ-Ṣaḥīḥah* no. 575).



بيننا ما جمعت بخير، وفرق بيننا إذا فرقت إلى خير.”

‘Allāhumma bārik lī fī ahlī, wa-bārik lahum fiyya. Allāhumma ajma’ baynanā ma jama’ta bikhayr, wa-farriq baynanā ithā farraqta ilā khayr — O Allāh, bless my wife for me, and bless me for her. O Allāh, let our joining be upon what is good, and let our separation, when you separate between us, be to what is good.”<sup>1</sup>

#### INVOKING ALLĀH’S PROTECTION AT INTERCOURSE

One of the noble goals of intercourse is producing righteous progeny. Thus, it is important for the spouses to supplicate to Allāh asking him to keep Satan away from their progeny.

Ibn ‘Abbās (رضي الله عنه) reported that the Messenger (ﷺ) said:

«لو أن أحدكم إذا أراد أن يأتي أهله قال: ”بسم الله، اللهم جنبنا الشيطان، وجنب الشيطان ما رزقتنا، فإنه إن قضي بينهما ولدٌ من ذلك لم يضره الشيطان أبداً.“

◀When one of you who wants to approach his wife (with intercourse) says:

“Bismillāh. Allāhumma jannib nash-Shayṭān, wa-jannib ish-Shayṭāna mā razaqtanā — With Allāh’s name (I perform intercourse). O Allāh, keep Satan away from us, and from what You grant us,”  
If it is then decreed that they have a child (from that intercourse), Satan will never harm it.▶<sup>2</sup>

1 Recorded by Ibn Abī Shaybah and ‘Abd ur-Razzāq. Verified to be authentic by al-Albānī (Ādāb uz-Zifāf p. 96).

2 Recorded by al-Bukhārī, Muslim, and others.

## EMERGENCE OF THE SPROUT

### Pregnant Woman’s Craving

During pregnancy, especially in the early stages, some women develop strong craving for specific food items or other things. They feel that those craved things can reduce their morning sickness.

A common belief is that the woman must have what she craved. If she does not, a mark similar to the craved item will appear on the baby’s body after birth. All of this has no basis in Islām.

### Exposure During Delivery

#### DOCTORS AND NURSES

Pregnancy often requires regular checkups by an obstetrician. Delivery is usually handled by the obstetrician and a number of nurses. Thus, a woman is expected to expose the most private part of her body to several individuals during the course of her pregnancy and delivery.

Islām demands limiting this exposure to the bare minimum.<sup>1</sup> To fulfill this, a woman should apply guidelines like the following:

1. She should make sure that her physicians and nurses be Muslim females. If this is not possible, they should at least be all females (not necessarily Muslim). Exposure in the presence of male doctors or nurses should be a highly exceptional case. A Muslim family should only allow it for an absolute necessity.
2. She should limit her doctor’s checkups (even if the doctor is

1 A detailed discussion of ‘awrah (private parts) is presented in the Authors, “Closer than a Garment”.